



**2015-2016 PIAA WRESTLING
WEIGHT CONTROL PROGRAM MANUAL**

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INTRODUCTION

The following manual is designed to assist administrators, coaches and assessors in compliance with the rules adopted for participation in the sport of wrestling. In addition to the procedures described throughout this manual, it is imperative that the school's wrestling coach monitors each athlete throughout the entire season to ensure they are maintaining or losing weight properly and participating in a safe and healthy manner.

OVERVIEW

Pursuant to National Federation Wrestling Rule 1-5-1, the recommended minimum body fat should not be lower than seven percent (7%) for males or 12 percent (12%) for females. If a wrestler's weight assessment is below 7% for males and 12% for females the wrestler shall have a medical release to participate signed by an appropriate medical professional (MD or DO). This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

PIAA's weight control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

RULE 1 Competition, Sections 5 Weight-Control Program

Article 1...Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, appropriate health-care professional and coach in establishing the minimum certified weight class. An ideal program would be one where an appropriate health-care professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than 7 percent for males or 12 percent for females.

Article 2...For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a medical release to participate signed by an appropriate health-care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

Article 3... The state's weight-control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

PIAA BOARD OF DIRECTORS' ADOPTED
WEIGHT CONTROL PROGRAM

Pursuant to the Weight Control Program adopted by PIAA: 1) the deadline for a PIAA member senior high school to enter its complete varsity wrestling schedule into the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) is one week prior to the first assessment (**Friday, October 16, 2015**) (see **NOTES 1** and **2**) prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (a) certified to by an Authorized Medical Examiner (AME)*, and (b) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season (**Friday, October 23, 2015**) and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (**Monday, November 30, 2015**) (see **NOTE 2**). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

In certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 5, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator, Scholastic Edition (together, the "Initial Assessment").

NOTES:

1. Any subsequent additions or substitutions to a PIAA member senior high school's complete varsity wrestling schedule must be approved by that school's PIAA District Wrestling Chairman.
2. For senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open all season.
3. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod), Hydrostatic Weighing or Dexa Testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

To reduce or eliminate "clerical errors", it is **required** that each head wrestling Coach initial the MWW of **each** of his wrestlers before the school's Principal certifies to the eligibility of the school's wrestlers.

A two (2)-pound growth allowance is authorized on or after **Friday, December 25, 2015** for both junior high/middle school and senior high school wrestlers.

The deadline for senior high school wrestlers to establish their MWW is Friday, February 19, 2016.

Procedure to Request Relief from Delinquent Hydration Test(s) and/or Weight Assessment(s) in PIAA Wrestling Weight Control Program

1. A member school shall submit the following, relative to its request for relief:
 - a. A letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) submitted, on behalf of the affected student(s), by the concerned Principal.
 - b. Confirmation from the school's attending assessor of the respective dates of failed hydration test(s) and the hydration level(s) achieved.
 - c. Any pertinent information from the attending assessor of any assessments attempted and the rationale of why those assessments failed.
2. All information must be forwarded to the PIAA District Wrestling Chairman **on or before Friday, February 19, 2016**, for that wrestling chairman's consideration, with a courtesy copy of the cover letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) forwarded to the involved PIAA District Chairman.
3. The District Wrestling Chairman will submit all provided information to that District's Chairman with a cover letter of support or nonsupport of the request for relief.
4. The District Chairman will review all information and either approve or reject the request for relief.
5. Upon request by the Principal of the concerned school, the District Chairman may convene a hearing before his District Committee into the request for relief.
6. Decisions of District Committees may be appealed by the Principal of the concerned school to the PIAA Board of Directors or a PIAA Board of Appeal by requesting an appeal, in writing, to the PIAA Executive Director.

PROGRAM ADMINISTRATION

PIAA adopts the NWCA Optimal Performance Calculator (OPC) for the management of weight for both senior high and junior high/middle school wrestling. The total cost for each school to utilize the NWCA OPC at the senior high level is \$30. There is no charge for junior high/middle schools.

Athletic Directors of each member senior high school sponsoring wrestling, as well as the head coach of each school registered for the previous season, will receive an email in September from NWCA advising them of the methods available to purchase access for the school. Junior high/middle school athletic directors will receive a separate email indicating the access codes the coach and assessor are to use for use of the OPC.

Upon completion of registration with NWCA, coaches are required to update their season schedule in the OPC (to be completed by Friday, October 9, 2015).

***Definition: Authorized Medical Examiner-** A licensed physician of medicine or osteopathic medicine, a physician assistant certified, or either a certified registered nurse practitioner or a school nurse practitioner, who is under the supervision of a licensed physician of medicine or osteopathic medicine.

ASSESSMENTS

PIAA requires all assessments to be performed by trained assessors. Training is conducted by Pennsylvania Athletic Training Society (PATS) clinicians as follows:

John L. Moyer Jr., LAT, ATC
Wilson School District
2601 Grandview Blvd.
West Lawn, PA 19609
PIAA@gopats.org

Larry Cooper, LAT, ATC
Secondary School Chair
Penn Trafford High School
Route 130, Box 366
Harrison City, PA 15636
cooperL@penntrafford.org

Upon completion of assessment training, names of those which have completed the coursework are forwarded to NWCA for inclusion in the list of trained assessors. Annual training sessions for assessors may be accessed on the next page of this document or on the PATS website at www.gopats.org.

Assessors will receive an email from NWCA in September with their access codes for both senior high and junior/middle schools. Those codes will be used in concert with the school provided code to input assessment data for each wrestler.

Method of Assessment: Hydration testing is to be completed first prior to body assessment, by utilizing a optical or digital refractometer. Assessors are not to use hydration strips of any type to determine an athlete's hydration level. The test of urine specific gravity is to determine hydration level of the athlete only and not done as a diagnosis. Those student-athletes whose specific gravity level is not greater than 1.025 may proceed with an assessment. Student-athletes which have a specific gravity greater than 1.025 are not to be assessed, and must wait 24 hours before specific gravity may be tested again.

Body fat assessments are to be performed utilizing a Lange Skinfold Caliper to determine percentage of body fat. This is the only instrument to be used in determining body fat percentage for PIAA member school participating wrestlers. Upon completion of the skinfold testing, an assessor must then record the information for each wrestler utilizing their access code in conjunction with the school code provided by the athletic director or coach. An assessor is not to make repeated assessments on wrestlers in an attempt to place the wrestler at a preferred weight class.

*NOTE: a wrestler which has joined a team after the first practice date has two weeks to complete the initial assessment, and make an appeal, as necessary, from the date they began wrestling. The wrestler is not eligible to compete in competition until they have received an assessment and have been entered into the OPC.

Weight Assessors Workshop

Saturday October 17, 2015 11:00 am - 1:00 PM
Penn Trafford High School
Warrior Center (Field House adjacent to the stadium field)
3381 Route 130
Harrison City, PA 15636
For directions go to www.pennttrafford.org

Look for posted signs.

You will need to supply the following information:

Home and school E-mail Address, School Affiliation, complete school address, the PIAA District your school is part of, phone and fax numbers for your school, your cell phone, all of your contact information and your NATA BOC Certification Number and NATA Member Number.

Feel free to bring along a Lange Skin Fold Caliper and a refractometer for practicing skin folds and specific gravity tests.

If you are attending you must contact Larry Cooper, MS, LAT, ATC before October 12, 2015 at:

Larry Cooper, ATC
724-744-0580 (ATR) or coopatc@aol.com

There is a \$20.00 fee (cash) for registration and training.

Weight Assessors Workshop

Sunday October 11, 2015 1:00 PM - 3:00 PM
Wilson High School
2601 Grandview Blvd
West Lawn, PA 19609

You will need to supply the following information:

Home and school E-mail Address, School Affiliation, complete school address, the PIAA District your school is part of, phone and fax numbers for your school, your cell phone, all of your contact information and your NATA BOC Certification Number and NATA Member Number.

Feel free to bring along a Lange Skin Fold Caliper and a refractometer for practicing skin folds and specific gravity tests.

If you are attending you must contact John L. Moyer Jr., LAT, ATC before October 6, 2015 at:

John L. Moyer Jr., ATC 610-670-0180 Ext 1246 (school)
484-256-5045 (cell) or moyjoh@wilsonsd.org

There is a \$20.00 fee (cash) for registration and training.

AS A RESOURCE FOR ASSESSORS, THE TRACK WRESTLING HAS PUBLISHED AN ONLINE VIDEO ON INPUTTING ASSESSMENTS AS WELL AS THE FOLLOWING INSTRUCTIONS:

Link to Instructional Video:

<https://www.youtube.com/watch?v=7OaGLHPfful&feature=youtu.be>

Instructions:

Login to TrackWrestling

1. Go to www.trackwrestling.com
2. Go to the horizontal menu and click on “**Optimal Performance Calculator**”
3. On the next screen, click on “2015-16 High School Boys”
5. On the next screen, click on “Pennsylvania Interscholastic Athletic Association”
6. On the next screen, click on “My Account” on the blue menu bar
7. On the dropdown menu, click on “Sign In”
8. Enter your username and password

Enter an Assessment

1. Log in with your username and password
2. **If you are an assessor:** click on the team you want to enter assessments for.
3. If you are adding to an existing transaction click on it and skip to step 5. Otherwise, click the [Add Transaction] button to create a new transaction.
4. Select your name from the assessors list, enter the hydration tester if prompted and select 'Live' for the transaction mode. Click the [Add] button to be taken to the transaction.
5. Click the [Add Assessment] button
6. Select the wrestler from the drop down menu. If the wrestler is not in the list and there is a [New] button available next to the drop box, then use the [New] button to add or import them to the roster. When creating a new wrestler you have the option of selecting gender. Otherwise wrestlers will need to be added from the 'Roster' page.
7. Check/edit the assessment date and answer the 'Passed Hydration' question or enter the 'Specific Gravity' value. Click the [Next] button.
8. Select a measurement type if prompted and click [Next].
9. Enter the measurement data and click the [Next] button. The data required on this page may vary.
10. Review the assessment results. You will not be able to view the wrestler’s Minimum Wrestling Weight (MWW). That information will only be visible to the coach.
11. **If you are entering assessments for another wrestler:** Click the [Next Wrestler] button. **If you are done adding assessments:** Click the [Finish] button.

Appeal Process: PIAA has approved testing locations throughout the state to accommodate appeals of the original assessment. A listing of approved locations may be accessed on the PIAA website www.piaa.org and then selecting wrestling from the listing of sports. Those locations utilize one or more of the following methods in determined body fat percentage:

Hydrostatic Weighing

BodPod

Dexa Testing

Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. **An appeal will not be accepted and considered failed if it the wrestler's weight loss is in excess of 1.5% per week, from the time of the initial assessment.** Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

Upon completion of the appeal, the appeal location representatives will forward the completed paperwork to PIAA for approval with NWCA. A coach will see the results of that appeal, pass or fail, on their Alpha Master Roster in the NWCA OPC.

COACH INSTRUCTIONS AND INFORMATION (AS PUBLISHED BY TRACKWRESTLING)

How do I log into a season?

Go to <http://www.trackwrestling.com/seasons>

1. Select your season and click the blue [Login] button
2. Enter your username/password and click the > button or hit the 'Enter' key on your keyboard
3. Update your account information if prompted

How does a team admin add a roster for a season team?

To import your roster from a previous season:

1. Click on the 'Roster' link in the grey top menu
2. Click on the [Import Roster] button
3. Select the season and team you wish to import from and then click the [Next] button
4. Place a check mark in the box next to any wrestlers you wish to import and then click the [Import] button
5. The imported wrestlers will then appear on your roster
6. To edit a wrestler's information you can click on the name of the wrestler

To add team members manually:

1. Click on the 'Roster' link in the grey top menu
2. Click on the [Add Wrestler] button
3. Fill out the form with information about the wrestler you are adding
4. Click the [Add] button
5. The added wrestler will then appear on your roster
6. To edit a wrestler's information you can click on the name of the wrestler

NOTE: The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.

How do I edit my roster for a season team?

1. Click the ROSTER link in the grey top menu from your team page to see your roster
2. To edit a wrestler's information you can click on the blue name of the wrestler
3. Make changes on the 'Edit Wrestler' page and select [Save Wrestler]

NOTE 1 - Some information can't be changed because of ties to the weight management system.

NOTE 2 - The first wrestler listed in a weight class is assumed to be the starter. You can use the 'Order' column to move wrestlers around and then use the [Save Order] button to save it.

How can I add an event to my schedule?

To add a dual meet:

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Single Dual Meet' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the opponent from the list or use the 'New Team' to add a new team if it is not already listed and then click [Next]
6. Click on the blue link for a dual and then click 'Edit Dual' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
8. Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch

NOTE 1 - If the dual is a typical varsity-type event with one bout per weight class you should select 'Create one match per weight' for 'Match Creation'.

NOTE 2 - If the event is a JV or exhibition dual and you are adding matches by pairing wrestlers up you should select 'Create matches as needed' for 'Match Creation'. This will allow you to skip weight classes, have multiple bouts per weight class and will not require you to have exactly one bout per weight class.

To add an individual tournament or individual matches:

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Individual Tournament / Ind. Matches' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
6. Click on the blue link for an event and then click 'Edit Event' if changes are necessary
7. Use the drop-down menu in the 'Level' column to change the level of competition
8. Click the icon in the 'Live' column if you are going to score the matches live and would like the dashboard available for viewers to watch. This is not necessary if the event is running on Trackwrestling and the host is using electronic bouts.

To add a multi-dual or dual tournament:

1. Click the 'Schedule' link in the grey top menu
2. Click the [Add Event] button
3. Select 'Dual Tournament / Multi Dual' as the event type, choose the competition level and then click [Next]
4. Fill out the information on the Add Event page and then click [Next]
5. Select the event from the list or use the 'New Event' to add this as a new event if it is not already listed and then click [Next]
6. Click on the blue link for this event and then click 'Edit Event' if changes are necessary.
7. To add participating teams just click on the blue link for this event and then click 'Teams'. Use the [Add Team] button, enter the team name, select the state and click [Next]. Select the correct team from the list or add a new team and then click [Next]
8. To add each of the duals to the event just click on the blue link for this event and then click 'Duals'. Click the [Add Dual] button, fill out the form and then click [Next].

9. Use the drop-down menu in the 'Levels' column to change the level of competition for the entire event or click on a dual to adjust the level for each dual individually.
10. Click the icon in the 'Live' column if you are going to score the dual live and would like the dashboard available for viewers to watch.

How do I create a weigh in form?

****NOTE** - Some of the steps in this process will vary slightly.**

1. Click on the event you wish to create a weigh in form for
2. Click 'Weigh-ins' from the top menu
3. Click the [Add Weigh In] button
4. Select the wrestlers, verify or edit the date, add weight allowance if necessary and then click [Add]
****Note**** - hold the CTRL or SHIFT button to select multiple wrestlers
5. Use the drop-downs in the 'Weight' column to change the weight class if necessary
6. Click the [Print] button to print the weigh in form to take to the weigh in
****Note**** - You can use CTRL + P to open a print dialogue

PLEASE NOTE: If the match is being contested with a consecutive day allowance (one or two pounds), you must select the consecutive day allowance in building your weigh-in form. This will recalculate all wrestlers' eligible weight class for that day's competition.

Effect of consecutive day allowance on descent plan: all wrestlers may utilize a one or two-pound consecutive weight allowance, where authorized, without negatively impacting their descent plans. All wrestlers actual weight at the time of weigh-in will have the weight allowance subtracted from their weight to determine their ongoing descent plan. A wrestler's weight will be recorded in the OPC as their actual weight minus the consecutive allowance, or their MWW, whichever is the higher of the two weights. A wrestler cannot use a consecutive weight allowance to speed up their descent plan.

It is the responsibility of each senior high head coach, or their designee, to record weigh-ins and results prior to their next scheduled event. Schools will be prohibited from generating a pre-match weigh-in form for their next contest if the previous match information is not recorded.)

How do I enter weigh ins and commit a weigh in form?

1. Click on the event you wish to enter weights for
2. Click 'Weigh-ins' in the top menu
3. Enter weights in the column under the event date header. You can place a check in the box in the DNP column if a wrestler did not weigh in. Also note there may be other columns indicating eligible wrestling weight, eligible wrestling weight class and/or other information.
4. Use the [Save Form] button if you have to leave the page prior to committing the form
5. Click the [Commit] button to verify that all data is correct. You will no longer be able to edit the form after committing it.

6. Click the [Print] button to print the weigh in form
****Note**** - You can use CTRL + P to open a print dialogue

How do I view a weight loss plan?

1. Click on 'Roster' or 'Alpha Master' in the grey top menu
2. Click on the scale icon next to the wrestler's name
3. The weight loss plan will open in a new window

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1. Click on 'Roster' or 'Alpha Master' in the grey top menu
2. Click on the scale icon next to the wrestler's name
3. The weight loss plan will open in a new window

How does a team admin add an assessor to a team?

1. Click 'Users' from the grey top menu
2. Click 'Assessors' from the grey top menu
3. Click the [Assign Assessors] button
4. Select the assessor you wish to add from the drop-down menu and then click the [Add] button.

How to enter assessments?

Click [here](#) for a video on this topic.

****NOTE 1**** - Some of the steps in this process will vary slightly.

****NOTE 2**** - If you are adding an appeal the process will be the same. The system will detect and identify the assessment as an appeal.

1. Log in with your username and password
2. **If you are an assessor:** click on the team you want to enter assessments for. **If you are a coach:** click 'Weight Management' in the grey menu.
3. If you are adding to an existing transaction click on it and skip to step 5. Otherwise, click the [Add Transaction] button to create a new transaction.
4. Select your name from the assessors list, enter the hydration tester if prompted and select 'Live' for the transaction mode. Click the [Add] button to be taken to the transaction.
5. Click the [Add Assessment] button
6. Select the wrestler from the drop down menu. If the wrestler is not in the list and there is a [New] button available next to the drop box, then use the [New] button to add or import them to the roster. Otherwise wrestlers will need to be added from the 'Roster' page.
7. Check/edit the assessment date and answer the 'Passed Hydration' question or enter the 'Specific Gravity' value. Click the [Next] button.
8. Select a measurement type if prompted and click [Next].
9. Enter the measurement data and click the [Next] button. The data required on this page may vary.
10. Review the assessment results. The results displayed may vary.
11. **If you are entering assessments for another wrestler:** Click the [Next Wrestler] button. **If you are done adding assessments:** Click the [Finish] button.

How do I enter results or stats after the match is done?

****Note**** - The process for entering results and stats will be the same whether you are entering them as the matches take place or after the matches are done.

You can go to your schedule page and click on the event you want to enter for. Just click on the weight class of the match you want to enter results for if you are only entering results. Or, click on 'Live Entry' and score your matches as you would do so live if you want to enter statistics as well.

TRACKWrestling SUPPORT

To create a help desk ticket for questions concerning the TrackWrestling platform, please utilize the following link:

<http://s100.trackwrestling.com/tw/ContactInfo.jsp?TIM=770080&twSessionId=pxtvkdresuaxqny&fromDomain=0.001>

PIAA CONTACT INFORMATION

For additional information or clarification on the PIAA Wrestling Weight Control Program, please contact:

Mark E. Byers, PIAA Chief Operating Officer
550 Gettysburg Road
Mechanicsburg, PA 17055
Ph. 717/697-0374
Email: mbyers@piaa.org

ADDITIONAL RESOURCES

Appeal Locations

Please find below a list of approved PIAA appeal sites. You must call and make an appointment to register for an appeal. The appeal site costs in the range of \$60-\$100 per wrestler at each location.

Please bring your appeal readings back to your assessor to be entered into the OPC system. A representative of the school must accompany and supervise wrestlers at the appeal locations.

Bod Pod Sites:

East Stroudsburg University

Koehler Fieldhouse
East Stroudsburg, PA 18033
Contact Person: Gerard D. Rozea, PhD, ATC
Contact E-Mail: grozea@po-box.esu.edu
Contact Phone: (570) 422-3065

Indiana University of Pennsylvania

202 A Zink Hall
Indiana, PA
Contact Person: Ron Trenney, M.Ed, ATC
Contact Phone: 724-357-6918

Lock Haven University

401 N Fairview St
Lock Haven, PA
Contact Person: Curt Dixon
Contact Phone: 570-484-2382

OAA Orthopaedic Specialists

250 Cetronia Rd.
Allentown, PA 18104
Contact Person: Vincent J. Hudson, PhD, DPT,
MBA, ATC
Vice President - Rehabilitation and Medical
Marketing
Contact Phone: 610-973-6410

West Chester University

Contact Person: Dr. Sandra Fowkes Godek,
Associate Professor of Sports Medicine
Contact E-mail: SFowkesgod@wcupa.edu
(preferred method)
Contact Phone: 610 436-2342

Hydrostatic Sites:

East Stroudsburg University

Koehler Fieldhouse
East Stroudsburg, PA 18033
Contact Person: Gerard D. Rozea, PhD, ATC
Contact E-Mail: grozea@po-box.esu.edu
Contact Phone: (570) 422-3065

Edinboro University

Human Performance Lab . Crawford Building
Edinboro, PA
Contact Person: Dr. Jim Roberts
Contact Phone: (814) 732-1435

Indiana University of Pennsylvania

202 A Zink Hall
Indiana, PA
Contact Person: Ron Trenney, M.Ed, ATC
Contact Phone: 724-357-6918

Dexa Testing Site:

Marywood University

Keith J. O'Neill Center for Healthy Families;
Human Physiology Lab
2300 Adams Ave
Scranton, PA
Contact Person: Kathy Uhranowsky
Contact Phone: 570-340-6059

PIAA

PROMOTE, PROTECT, AND CONSERVE.....



**Pennsylvania Interscholastic
Athletic Association, Inc.**
550 Gettysburg Road, P.O. Box 2008
Mechanicsburg, PA 17055-0708
717) 697-0374 – (800) 382-1392 (PA only)
FAX: (717) 697-7721
WEB SITE: www.piaa.org

PIAA Wrestling Weight Monitoring Program AIR DISPLACEMENT PLETHYSMOGRAPHY PROPOSAL (Bod Pod)

A wrestler may choose to use air displacement plethysmography (ADP) utilizing the Bod Pod ® Body Composition System to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.

Student to be tested _____ Grade _____

School _____

We understand that the results of the ADP analysis will replace all previous assessments, cannot be appealed, cannot be modified by the Physicians Clearance form, or any other action, and will remain the reference for this student during the school year.

Parents Signature _____ Date _____

Coaches Signature _____ Date _____

AD Signature _____ Date _____

The ADP (Bod Pod) analysis form on the second sheet shall be completed by the technician who performs the assessment. He/she will sign the form and provide one copy to the student-athlete and fax one copy to the PIAA at 717/697-7721.

The school assessor should input the appeal information into the OPC system for the student-athlete. This form should then remain on file at the school.

Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

**AIR DISPLACEMENT PLETHYSMOGRAPHY REPORT FORM
(Page 2)**

Please note:

- Subject shall be hydrated (specific gravity less than 1.025) at time of analysis.
- Subject must bring appropriate clothing to be tested (please check with test site on their recommendations).
- Results must be faxed to PIAA (717/697-7721) at the conclusion of the testing.
Appeal site testing may only be done once. The results are final.

Please type or print in ink –

Name _____ Grade _____ Date _____

School _____

Weight at initial assessment (lbs): _____ **Date:** _____

Height (in): _____ **Age (yrs):** _____

This part is to be completed only by the appeal site technician/assessor.

Body Weight at ADP Assessment: _____

Specific Gravity Test: Pass Fail
(Must be less than 1.025g/ml)

The Bod Pod has been calibrated and Quality Control is within normal operating specifications.

Body Fat Percent: _____ % **Lean Mass (lbs):** _____ **Fat Mass (lbs):** _____

Evaluator _____ Phone _____ Date _____

Address _____ Company _____

Location of Analysis _____

Signature of Evaluator

Date of Analysis

**Please make one copy of the form to provide to the student-athlete and one copy should be faxed to the PIAA at
Attn: Dr. Robert Lombardi – 717-697-7721**

PIAA

PROMOTE, PROTECT, AND CONSERVE.....



**Pennsylvania Interscholastic
Athletic Association, Inc.**
550 Gettysburg Road, P.O. Box 2008
Mechanicsburg, PA 17055-0708
717) 697-0374 – (800) 382-1392 (PA only)
FAX: (717) 697-7721
WEB SITE: www.piaa.org

PIAA Wrestling Weight Monitoring Program HYDROSTATIC WEIGHING REPORT FORM

A wrestler may choose to be hydrostatically weighed to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.

Student to be tested _____ Grade _____

School _____

We understand that the results of the hydrostatic analysis will replace all previous assessments, cannot be appealed, cannot be modified by the Physicians Clearance form, or any other action, and will remain the reference for this student during the school year.

Parents Signature _____ Date _____

Coaches Signature _____ Date _____

AD Signature _____ Date _____

The hydrostatic analysis form on the second sheet shall be completed by the technician who performs the assessment. He/she will sign the form and provide one copy to the student-athlete and fax one copy to the PIAA at 717/697-7721.

The school assessor should input the appeal information into the OPC system for the student-athlete. This form should then remain on file at the school.

Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

HYDROSTATIC WEIGHING REPORT FORM

(subject shall be hydrated (specific gravity less than 1.025) at time of test)

Please type or print in ink –

Name _____ Grade _____ Test Date ____ / ____ / ____

School _____

Weight at initial assessment _____

Appeal Weight lbs ÷ 2.2 = kg x 1000 = grams

Estimated Vital Capacity:

a) _____ ml b) _____ ml c) _____ ml → Peak ml

Temperature (Centigrade) H₂O _____ Density H₂O _____

Residual Volume: Male (VC x .24) = ml Female (VC x .28) = ml

Water Weight:

Repeat the measurement process to achieve

1. Progressively heavier weight
2. Progressively less scale deviation
3. Increasing subject comfort
4. > 50 grams scale deviation

Measure 10 record heavier 6

1. 2. 3. 4. 5. 6.

Peak value of 1-6 above MINUS Apparatus Value = Water Weight

$$Bd = \frac{Wa}{((Wa - Ww) / DW) - (RV + 100)} = \frac{\text{Body Density}}{\text{Body Density}} \rightarrow \%BF = (457 / Bd) - 414.2 = \text{\% Body Fat}$$

Evaluator _____ Date ____ / ____ / ____

Notes: VC = Vital Capacity DW = Density of Water Wa = Weight in grams
 RV = Residual Volume Bd = Body Density ml = Milliliter
 Ww = Weight under water Kg = kilogram

FAX COMPLETED FORM TO: Mark E. Byers, PIAA Chief Operating Officer at (717) 697-7721.

Section 9: CIPPE MINIMUM WRESTLING WEIGHT

INSTRUCTIONS

Pursuant to the Weight Control Program adopted by PIAA, prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (1) certified to by an Authorized Medical Examiner (AME) and (2) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (See NOTE 1). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

In certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) (together, the "Initial Assessment").

Where the Initial Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

Student's Name _____ Age _____ Grade _____
Enrolled in _____ School _____

INITIAL ASSESSMENT

I hereby certify that I have conducted an Initial Assessment of the herein named student consistent with the NWCA OPC, and have determined as follows:

Urine Specific Gravity/Body Weight _____/_____ Percentage of Body Fat _____ MWW _____

Assessor's Name (print/type) _____ Assessor's I.D. # _____

Assessor's Signature _____ Date ____/____/____

CERTIFICATION

Consistent with the instructions set forth above and the Initial Assessment, I have determined that the herein named student is certified to wrestle at the MWW of _____ during the 20____ - 20____ wrestling season.

AME's Name (print/type) _____ License # _____

Address _____ Phone () _____

AME's Signature _____ MD, DO, PAC, CRNP, or SNP Date of Certification ____/____/____
(circle one)

For an appeal of the Initial Assessment, see NOTE 2.

NOTES:

1. For senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open all season.
2. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment.